

### Prakriti

At the time of your birth, a unique energetic blueprint was formed to describe your constitution. Biology calls this the genetic code, **Ayurveda calls it Prakriti**. Prakriti is the key to your health. Knowing your constitution and living in harmony with it is living a healthy life. Fortunately, the three doshas, forces of nature, provide a language for understanding prakriti. Every body is composed of all three of the doshas – Vata, Pitta, and Kapha.

For most people, two doshas are predominant. Yet, for some, one dosha dominates or the three are mostly balanced. As a simplification, there are said to be 10 Prakritis: Vata, Pitta, Kapha, Vata-Pitta (or Pitta-Vata), Vata-Kapha (or Kapha-Vata), Pitta-Kapha (or Kapha-Pitta), and Tridoshic.

The below Prakriti Questionnaire is designed to initiate your journey into self-discovery. The Ayurvedic Prakriti Questionnaire does not substitute an Ayurvedic Coaching appointment to learn your accurate dosha. For a FREE coaching call setup one through our website or call (502) 641-6101.

### Instructions

Under each category, check the option(s) that most resemble you. This is a prakriti questionnaire, so think about your childhood and when you're most feeling like yourself. Mark the most fitting answer for each question.

#### 1. My Skeletal Frame is:

- A. I have bigger bones with broad shoulders and hips
- B. Long narrow and slight
- C. Medium in size and proportional

#### 2. My Skin is:

- A. Dry, rough, thin or transparent
- B. Oily and sensitive
- C. Smooth, slight oily and thick

#### 3. My weight is:

- A. Underweight, I lose weight easily, but often struggle to gain weight
- B. Stocky and often at least slightly overweight, I gain weight quite easily and often struggle to lose weight
- C. Steady consistent with a medium build, I am never rail thin or overly stocky

#### 4. My favorite climate is:

- A. Cool and dry
- B. Warm and dry
- C. Warm and humid

Key: V = Vata. P= Pitta K= Kapha

1) A. K.B. V.C. P 2) A. V.B. P.C. K 3) A. V B. K.C. P 4) A. P.B. K.C. V 5) A. P.B. V.C. K 6) A. V.B. P.C. K 7) A. K.B. V.C. P 8) A. V.B. K.C. P 9) A. V.B. P.C. K 10) A. P.B. K.C. V 11) A. V.B. P.C. K 12) A. P.B. V.C. K

5. Throughout my life, my body temperature tends to be:

- A. Warm or hot, my hands and feet are warm to touch, and I actively seek out cooler environments
- B. Cold, my hands and feet are usually cold to touch, I regularly make choices to keep myself comfortable
- C. Cool, my skin can be clammy to touch, though I am not especially aware of making choices in order to maintain a comfortable body temperature

6. As a child and young adult I was often told I was one or more of the following:

- A. Creative, imaginative, enthusiastic, or excitable
- B. Smart, disciplined, ambitious and wise
- C. Gentle, warm, loving or compassionate

7. I especially enjoy:

- A. Rest, relaxation, I prefer to be idle rather than active
- B. Change, I love travel and adventure
- C. Physical and intellectual challenges, I have a natural competitive nature

8. When I sleep, I:

- A. I am a light sleeper, and I move around a lot in my sleep often waking up in the middle of the night.
- B. I sleep like a Queen or King, deeply, and undisturbed
- C. I sleep pretty well, if I wake up in the middle of the night, I have no problems generally getting back to sleep. I sometimes have a hard time going to sleep when there is a lot of work to be done.

9. My stamina is:

- A. Delicate and easily exhausted
- B. Moderate, but my will is strong and I'm capable of pushing myself when necessary
- C. Impressive, but I prefer not to test it

10. My mind is naturally:

- A. Bright, focused and driven
- B. Calm, steady and loyal, I am not easily ruffled
- C. Expansive and adaptable to change

11. As a learner, I am:

- A. Quick to learn, but quick to forget
- B. Sharp, quick and studious
- C. Slower to learn, but once I learn something, my retention is excellent.

12. Throughout my life, my digestion has been:

- A. Hyperactive
- B. Irregular, gas and bloating
- C. Slow, prolonged, indigestion

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